

HRC NEWS & VIEWS

Volume 10, Issue 8

SEPTEMBER 2014

SUCCESSFUL GIVING CAMPAIGN

BY JEAN LUTHER



The campaign this year was again fun, exciting, and very successful. Staff helped to build the excitement on the last day of filling the jars for "Soak the Supervisor" by contributing until the last minute. I presume they thought that would save them from getting soaked, but Grant had other ideas. I also had plans for a little twist in the plot. All four of the selected "chumps" were doused with ice water, but we entered the "arena" in style with yellow ponchos, umbrellas, music set to "Singing In the Rain", and we had a few dance steps as we approached our destination. I tried to teach the guys a few simple dance steps, and talked them through each step, but they're guys! What can you expect? They added a lot of humor to the movements.

Thank you to everyone who took part in the Charitable Giving Campaign. We collected a total of \$762.76 with the four events throughout the month. Wearing blue jeans on Thursdays raised

\$160; the Bake Sale was \$139; the Silent Auction raised \$119.50, and the Soak the Supervisor raised \$324.26. Also, thanks to those who returned their pledge card envelopes to me. There were 60 envelopes returned with \$140 cash or check, and \$2,016 in payroll deductions. The total overall campaign netted \$2,918.76.

SEPTEMBER IS

All American
Breakfast Month
Happy Cat Month
National Alcohol and
Drug Addiction
Recovery Month
Preparedness Month
Healthy Aging Month

Housekeeping Week
14–20
Clean Hands Week 21–
28
Dog Week
21 –27

Stand Up To Cancer Day
9/12/14
Chocolate Day 9/12/14
Day of Peace 9/21/14
Ice Cream Cone Day
9/22/14
First Day of Autumn
9/23/14
Family Day
9/22/14



**WEAR
YOUR
BLACK
RECOVERY
T-SHIRT
&
JEANS
SEPT. 24**



WHAT'S NEW AT HRC? BY MARJ COLBURN

Plans and processes keep moving forward to work on renovations to the facility.

A meeting was held in Lincoln from August 27th through August 29th to talk about LB999, and the availability of space on the HRC campus. The Nebraska Department of Correctional Services (NDCS) is looking at several different options to meet the needs of mental health and substance abuse inmates. Although I am not directly involved with inmates, it was interesting to participate in their discussions, learning about needs and risks. NDCS's architects from South Carolina and Maine were in attendance at the meetings held in Lincoln. They are continuing to move forward with a proposal that will be submitted in mid-December. There are a couple of options on the table about how best to go about providing these services to inmates, with HRC being one of those options. As with our white paper and suggestions for use of the facility, NDCS's options will be reviewed and evaluated before the best option is selected. A tour of the campus is planned for October 7th. The tour will include NDCS staff, the NDCS architectural team, and the architectural team working on the HJCDP renovations.

HRC continues meetings related to the renovation of Building #3. The architects were on campus August 5th. The Leadership Team provided input into the current plans and made upgrades. The architects are

holding a meeting in Lincoln on September 9th to continue to work towards finalizing the plans for Building #3.

Thanks to everyone who participated in the Charitable Giving Campaign events. We raised about \$750 dollars in the special events in addition to monies individuals chose to give on their own in the envelopes. That's over \$200 more than we raised last year - a pretty hefty amount for a program that is as small as ours! Go out and watch the "Soak the Supervisor" video on the I drive.

HRC received a good response to our recruitment letters to therapists and psychologists. There were many, many phone calls received about the positions, and there were approximately 15 interviews held. At the present time, we are making offers to three therapists. We are hoping to reclassify two positions to be Licensed Addiction Drug and Alcohol Counselors for the program, increasing our capability to provide services to the youth. Brooke should be feeling some relief here soon!!!!

We have been looking at a psychologist who is interested in working at Lincoln Regional Center (LRC) three days a week, and Hastings Regional Center two days a week. We are still investigating how that might work. We also have two psychologists who recently applied

that we need to interview.

On September 10th, we had our first admission since the "slow-down". We have another admission scheduled for September 25th. Our hope is to have all the new therapy staff on board and through orientation so by the first part of October we will be able to start ramping up the census.

A cemetery memorial service is being planned by the Office of Consumer Affairs again this year. Due to the low attendance at the Hastings and Norfolk Regional Center services, plans are for an all-Regional Center service at LRC. We will observe a moment of silence at 1:00 pm on September 26th in remembrance. In anticipation of visitors still coming to our cemetery, Gary and others will be working to make sure it is looking as good as possible. A group will be working on weeding the meditation area out there, as over the summer it has become overgrown with weeds. One year all the plants died because of no water, and another year the weeds flourished with all the rain! Oh well!

I will continue to provide updates to you on where we are with projects, plans, hiring and other important activities to the facility. Let's all enjoy the cool down as we get ready to move into fall!

Welcome to the Editorial Board, Grant!

AUGUST GOOD CATCH AWARD NOMINEES ARE

The following employees were nominated for supporting our youth by: enhancing the learning environment; showing support for education; showing special interest in our student's educations and taking an active part in our classrooms.

- **Jeri Campbell:** 1. Helps youth with their school work. 2. She always helps me in school. I can also tell that she actually cares about our education and getting caught up. 3. Because she was helping both H.C. and H.T. stay busy working on schoolwork at the same time. Plus five nominations with no comments!
- **Kay Evans:** 1. For going the extra effort to make a compass and help D.L. on his geometry lesson. 2. For the extra time spent working with C.W. She also received three nominations

with no comments!

- **Sue Callan:** 1. Spends time helping youth with their schoolwork. She also provides holiday decorations to brighten the school classrooms. 2. Gives youth encouragement to complete schoolwork. She also helps them when she can. 3. Sue is an inspiration to our students to pursue a life-long interest in learning and studying. She reviews some math problems whenever she has a free moment. She is setting a good example for the students. Thanks, Sue!
- **Dr. Zoucha:** Encourages the youth to attend school and participate so they can earn credit.
- **Carol Staples:** No comments provided.
- **Marj Colburn:** No comments provided.

- **Bryce Blecha:** 1. Did a great job helping youth with Earth Science. Showed a genuine concern for youth's work. 2. Willing to assist and help youth with assignments. Received three nominations with no comments!
- **Dan Moreno:** No comments provided.
- **Greg Zoucha:** No comments provided.
- **Teresa Kennedy:** 1. Always helping her students and trying to keep them working.
- **Karen Baisinger:** She does a great job of keeping the library neat and orderly. She is an "unsung hero" in our school. She is setting a great example for our students!

See back page for photo of some recipients with their prizes.

INFLUENZA VIRUS BY CAROL VIAN, RN

The weather is beginning to change, and flu season is fast approaching. It will soon be time for the annual flu shot. There is a lot of information and misinformation about the flu shot. So where to begin to sort through all the information.



1st What is the flu shot?

The flu shot is a vaccine made up of the 'inactivated' influenza virus that research has determined will be circulating this flu season. The flu season is generally considered to be from October to May.

2nd How effective is the flu vaccine?

The CDC conducts studies every

year to determine how well the flu vaccine worked. Recent studies have shown that it is 60% effective in reducing the risk of flu in the overall population.

3rd What are the benefits of the flu vaccine?

1. Protecting yourself and your loved ones from the flu; maybe even a coworker or two. Especially, those that are at the greatest risk from becoming seriously ill from the flu such as:
 - Older adults (65 years & older)
 - Young children, especially infants
 - People with chronic health conditions; especially heart, lung, kidney disease, nervous system

disorders, or weakened immune systems

- Anyone that is pregnant
- 2. If you do come down with the flu you may not become as sick.

4th What are the side effects of the flu vaccine?

You cannot get the flu from the flu vaccine. The flu vaccine is made of the inactivate virus. The most common reactions are: soreness, redness, or swelling where the shot was given; low grade fever and aches.

The reactions usually last only 1-2 days following the flu vaccine.

Please watch for the dates and times when the flu vaccine will be given here at HJCDP.

WHY DO YOU WORK? BY JOE TYE, VALUES COACHING

Years ago, I read an interview with a famous author (it might have been Steinbeck). He was asked what motivated him to write. He didn't mention royalty checks, literary fame, connecting with his readers, or communicating a message. He said he wrote because of the joy he got from feeling a freshly sharpened pencil cruise across a clean sheet of paper.

He wrote for the joy of writing—not for anything he might gain from that writing. Fame, fortune, even making a difference in the life of a reader—those were all derivatives that were beyond his control. All he needed to do was to make that freshly sharpened pencil cruise across a clean sheet of paper, then leave the rest in the hands of fate.

Jon Krakauer—author of *Into Thin Air*, the story of the disastrous 1996 Everest expeditions that claimed 13 lives—once said that there are two kinds of people who climb Mount Everest: people who want to climb Mount Everest and people who want to say that they climbed Mount Everest.

Psychologists tell us that what they call “flow” is the most powerful form

of human motivation. Flow is the joy of being so absorbed in what you are doing that you completely lose concern for everything else. You're not worried about whether or how much you'll be paid, about what other people will think of the results of your work, or even the passing of time.

Flow is writing because you love the feel of a pencil cruising across a fresh page. Flow is climbing a mountain because you love the crunch of your boots against rock and snow, and feeling the weight of the pack on your back.

When Mick Jagger dropped out of the London School of Economics so he could play with the boys in the band, his mother pleaded with him to get “a respectable job.” Be a bricklayer, she said. Jagger is still putting on the show even though he's well past the age that most people who have respectable jobs have long since retired, even though he's already got more money than he could spend in five lifetimes. He does it because that's when he experiences flow.

More than 2,000 years ago a man named Ecclesiastes wrote that eve-

rything in life was meaningless. Fame, fortune, learning, service—all was fruitless chasing of the wind, there was nothing new under the sun. The one and only thing he'd discovered that brought meaning to life was the work itself. Whatever your hand finds to do, he said, do it with all your might.

By now I'm sure you've discerned the paradox: the people who are most likely to write a bestselling book, to summit the mountain, to hit the top of the record charts are not those who set out to achieve those goals. They are the ones who do the work for the love of the work itself, not for the reward it might (and might not) bring them.

In his beautiful little book, *The Prophet*, Kahlil Gibran wrote that work is love made visible.

Why do you work? Is it for the love of the work itself? Is your work love made visible? If you cannot answer yes to those two questions, perhaps you should think about changing the work that you do, or changing the attitude with which you do the work that you're doing now. When work is its own reward, it makes other rewards more likely.

YOU'RE A WINNER . . .

- Marj, you smile through anything!
- Jean, I think you took the lion's share of the water.
- Ken, you got my vote for best looking knees.
- Tracy, you are Cool Hand Luke – didn't get shook in the least.

Best wishes to you all in Hastings and thanks for stepping up on the

Charitable Giving Campaign by bringing in more than \$200 over last year. That really says something very positive about the great team spirit in Hastings.

From Director Scot Adams

- Pam Schwabauer summarized the data from the Outcome Measures Survey while providing coverage at the Switchboard.

- Thanks to Peg for getting two offices ready for new staff on a short notice!
- To the Housekeepers and Steve for cleaning and laying carpet in the offices.

Use this resource to thank a co-worker for doing something special

NATIONAL RECOVERY MONTH BY DR. KEN ZOUCHA

'Join the Voices for Recovery: Speak Up, Reach Out.'

This is the theme for the 25th National Recovery Month which happens every year in September. This statement encourages folks to openly discuss mental and substance use disorders and the reality of recovery. During the last *National Survey on Drug Use and Health*, we discovered that 22.7 million people aged 12 and older were classified with a substance use disorder. 20.2 million people in that same group needed treatment, but did not receive treatment at a specialty facility. Evidence shows that treatment is effective, yet less than 1 in 10 youth who are diagnosed with Substance Use Disorder receive the treatment that they need.

The numbers for youth with mental health disorders is a little better, but not where it should be. That puts the youth that we serve in an elite group who get a chance at recovery.

At times, I think I can get so focused on the day-to-day tasks of my job that I forget the goal of the work we do. The fact that addiction is a chronic, relapsing brain disease, and the real life results of that fact can be discouraging as it can take some time for folks to find full recovery. I try to remember that recovery is one of the most important things I do each day, if not the most important.

This proclamation of the theme of Recovery Month gives us time to pause and remember that behavior-

al health is essential for overall health, prevention works, treatment is effective, and people recover. And that the goal of recovery is to be healthy and have happy, productive lives.

In the work that we do at HJCDP, we get the chance to see young men realize the impact that substances and mental illness have had on their lives and then make decisions to change thought and belief patterns as well as behaviors that lead to recovery.

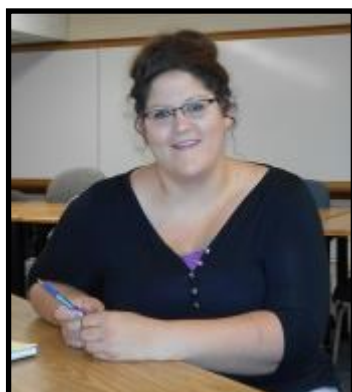
Please don't miss an opportunity to let others know of the recovery we do get to see. And always keep in mind that treatment is effective and people recover!

Speak up and reach out.

WELCOME TO HRC



Jonathan Plohocky joins HJCDP as a Provisional Licensed Alcohol and Drug Counselor.



Samantha "Sam" Minne, Provisional Licensed Mental Health Practitioner also joined the treatment team in August.

SUPPORT RECOVERY MONTH WEDNESDAY—SEPTEMBER 24



WEAR YOUR RECOVERY SHIRT AND JEANS!



Are you a Junk Jaunter? Be sure to stop by 2212 W. Louise in Grand Island on Saturday, September 27th and Sunday, September 28th from 7:00am until dusk.

Something for everyone!

CELEBRATING YOU!

NATIONAL HOUSEKEEPING WEEK SEPTEMBER 9—13



We recognize Kay, Shelley, Carmen, Mary Ann, Charlene and Donna for all their work and effort in keeping our work and living units clean. Thanks for all you do!

HUMAN RESOURCES PROFESSIONALS DAY SEPTEMBER 26



We thank LaDene, Carolyn, Randy and Wanda for all they do !

NATIONAL HEALTH IT WEEK SEPTEMBER 15 — 19

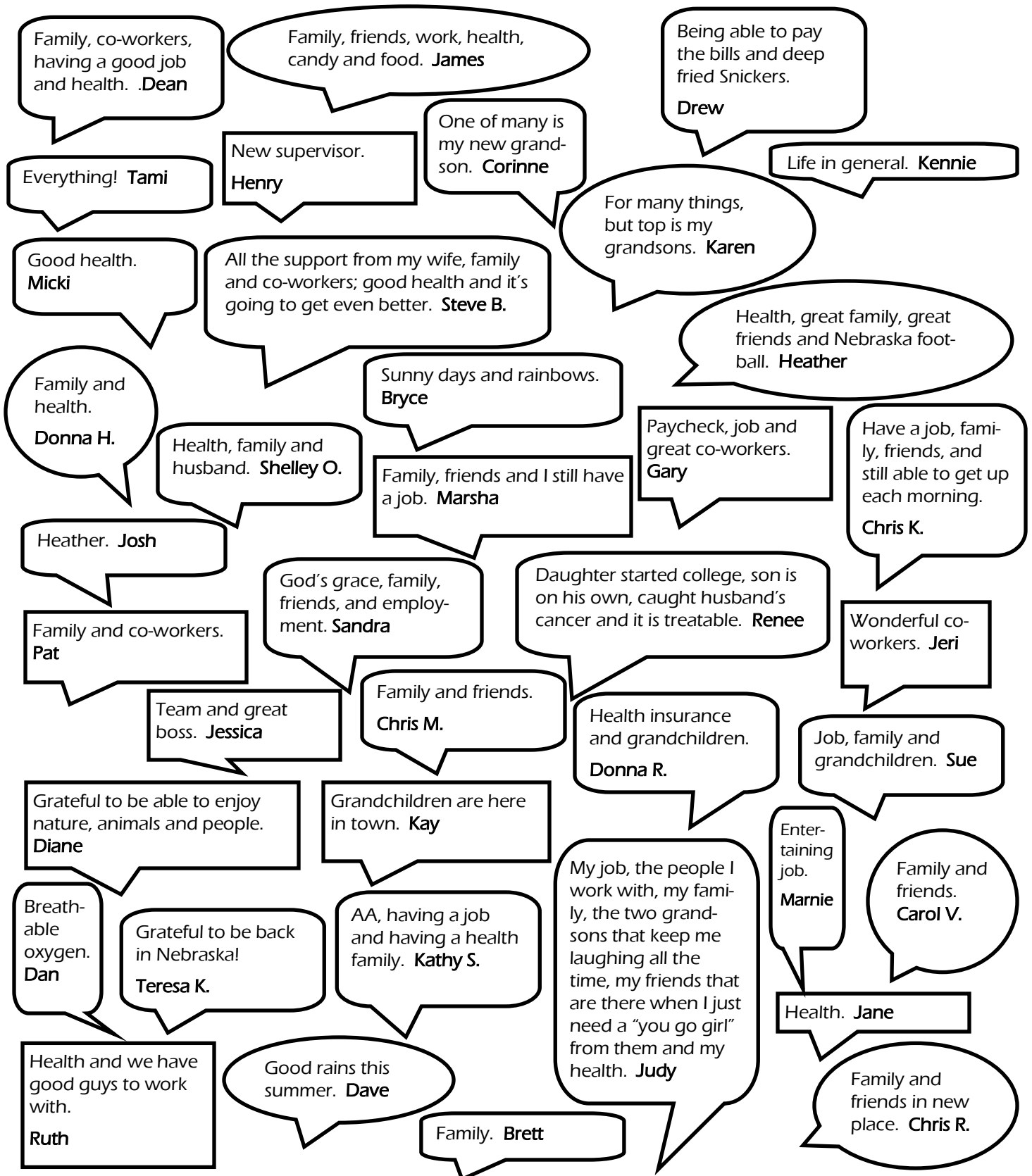


Linda Weber keeps all the electronic software equipment running and up-to-date. Thanks, Linda for all you do!

HRC EMPLOYEES ARE GRATEFUL FOR?



HRC EMPLOYEES ARE GRATEFUL FOR?



SEPTEMBER GOOD CATCH AWARD BY MARJ COLBURN

For the month of September, the Leadership Team is focused on Performance Improvement. A little flier has been assembled, with the last page being a quiz. Please read through the information and submit your quiz to Marj to be included for prizes. Thanks in advance for your participation!

The YSS team has all of the fliers for front line staff. Some fliers were placed in individual mail boxes. If you don't have enough or you run out, please let Cheri or me know and we will get you some.

SPOTLIGHT EMPLOYEE BY GRANT JOHNSON



Everyone who works at HRC knows our first "Spotlight Employee", Carolyn Johnson! Carolyn is the unofficial mascot for HRC as the Staffing Coordinator and Switchboard Director. Carolyn is also President of the Union for the local chapter in Hastings. Carolyn is the first face all visitors, new employees, and families see when they come to HRC. You can always find Carolyn smiling and hear her contagious laugh from a mile away! I had the opportunity to sit down with Carolyn and speak to her about her role, history and memories at HRC, and boy was it an enjoyable conversation. Carolyn has worked at HRC for 34 years today (September 2nd) and started out as a Psych Tech I. After attending school, Carolyn was promoted to a Psych Tech II where she worked directly with patients at HRC. Carolyn became the Staffing Coordinator for HRC seven years ago, and she continues that valuable role today. I asked Carolyn to give me a typical overview of her day and she

replied, "I come in and check my emails, follow up on call-ins, and make sure the schedule is up to date. I then make sure employees Kronos is correct and answer phone calls. I greet visitors, get them their name badges and make sure they are on the approved contact list. I also work with new employees by introducing them to the Union, and going over schedule rotations with them."

Carolyn shared some of her most memorable moments at HRC with me. She told me a story of a patient trying to jump out of a moving vehicle while Carolyn was driving her to Grand Island. Also, as many of you know, Carolyn helped stop a shooting in the building years ago by grabbing a gun out of a disgruntled client's hands. If you want to know more about those stories you'll have to ask Carolyn herself! Carolyn also stated it has been a good 34 years at HRC. She was one of the original MANDT instructors and trained under David Mandt himself. Carolyn really enjoyed instructing others over the eight years she was an instructor.

A hobby of Carolyn's is sewing quilts, and she even sewed for a quilt shop in New Jersey specializing in Muslim clothing. She has a daughter who has been in the military for 28 years. She has about

finished her Masters in Psychology, and has a daughter who graduates next year. Carolyn's son works for Verizon in Grand Island. He has one son who graduated with top honors from Central Community College, and another son who is a junior in High School. The rest of Carolyn's family lives in Georgia.

Carolyn gave some words of wisdom for new employees and they are as follows: "Whatever you do, make sure you can cover your actions. Act like there is a video camera on you at all times. Also, ask questions as it will get you ahead. If I don't have the answer I'll find it for you."

Thank you to Carolyn Johnson for being our first spotlight employee at HRC.

This column will continue monthly with a new employee each month. This is designed to shed some light on everyone's job at HRC and take you behind the scenes with your fellow employee's jobs. If you have a suggestion for future spotlight employees please contact Grant Johnson.

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It is the policy of the Editorial Board to attempt to print any article that does not attack another person. The Editorial Board reserves the right to edit articles for size & content.

AA/EOE/ADA



August Good Catch Winners with their **major** prizes are: Bryce B., Dr. Zoucha, Teresa K., Marj C., Kay E., and Sue C. Congratulations and keep up the good work!

BRIGHT AS SUNSHINE DAY



Check out those **bright** shoes Dean is wearing!

UPCOMING EVENTS—MARK YOUR CALENDAR

BY CHRIS MARTIN

SEPTEMBER 15

Pick up health quiz at Switch-board.

SEPTEMBER 16

Tailgate Party!
Wear your team shirt and jeans.

SEPTEMBER 17

Healthy snacks to be provided for staff.

SEPTEMBER 18

Walk out on work at 9:30am and 3:15pm

SEPTEMBER 19

Orientation to new weight room equipment